Amendments to the Claims:

Listing of Claims:

Claims 1-30 (Canceled)

31. (New) Lumbar support, comprising
an archable supporting element, and
an adjustment mechanism for adjusting a curvature of the archable supporting element into a first curvature direction, in which the archable supporting element forms a convex supporting surface, and into a second curvature direction, in which the archable supporting element forms a concave supporting surface,
whereby the adjustment mechanism is configured in such a manner that for adjusting the curvature of the archable supporting element into the first curvature direction it exerts a traction force onto a back of the archable supporting element, while for adjusting the curvature of the archable supporting element into the second curvature direction it exerts a traction force onto a front of the archable supporting element, the adjustment mechanisms comprising first adjustment means having a tension member engaging the back of the archable supporting element for adjusting the curvature of the archable supporting element into the first curvature direction, and second adjustment means having a tension member engaging the front of the archable supporting element for adjusting the curvature of the archable supporting element into the second curvature direction.

32. (New) Lumbar support according to Claim 31, wherein the lumbar support is configured in such a manner that the first and second curvature directions are aimed substantially opposite to one another out of a plane, which is defined by the archable supporting element in the unarched condition.

33. (New) Lumbar support according to Claim 31, wherein the tension member of the first adjustment means engages a back of at least one end section of the archable supporting element

for the curvature of the archable supporting element into the first curvature direction, while the tension member of the second adjustment means engages a front of at least one end section of the archable supporting element for the curvature of the archable supporting element into the second curvature direction.

34. (New) Lumbar support according to Claim 31, wherein the first adjustment means comprise a Bowden cable arrangement.

35. (New) Lumbar support according to Claim 34, wherein a sleeve of the Bowden cable arrangement of the first adjustment means is supported on a first end section of the archable supporting element, whereby a wire displaceably mounted in the sleeve is guided to a second end section of the archable supporting element, in order to exert an adjustment force onto the archable supporting element for the curvature into the first curvature direction.

36. (New) Lumbar support according to Claim 35, wherein the wire of the Bowden cable arrangement of the first adjustment means is guided back via the reversing means to the first end section of the archable supporting element and is coupled there with the first end section, whereby the reversing means are coupled with the second end section of the archable supporting element.

37. (New) Lumbar support according to Claim 36, wherein the reversing means comprise a reversing roller.

38. (New) Lumbar support according to Claim 36, wherein the reversing means are pivotably coupled with the second end section of the archable supporting element.

39. (New) Lumbar support according to Claim 31, wherein the second adjustment means comprise a Bowden cable arrangement.

40. (new) Lumbar support according to Claim 39, wherein a sleeve of the Bowden cable arrangement of the second adjustment means is supported on a first end section of the archable supporting element, whereby a wire displaceably mounted in the sleeve is guided from the first end section of the archable supporting element to a second end section of the archable supporting element, in order to exert an adjustment force onto the archable supporting element for the curvature into the second curvature direction.

41. (New) Lumbar support according to Claim 40, wherein the wire of the Bowden cable arrangement of the second adjustment means runs through the one opening in the archable supporting element and then along the front of the one longitudinal bar to the second end section of the archable supporting element, and
that the wire of the Bowden cable arrangement of the second adjustment means runs from the second end section of the archable supporting element along the front of the other longitudinal bar to the other opening in the archable supporting element.

42. (New) Lumbar support according to Claim 40, wherein the wire of the Bowden cable arrangement of the second adjustment means runs from the first end section of the archable supporting element firstly in the longitudinal direction of the archable supporting element, is then guided through an opening in the archable supporting element along the front of the archable supporting element to the second end section of the archable supporting element, in order from there to run along the front of the archable supporting element through a further opening in the archable supporting element and along the back of the archable supporting element in the longitudinal direction of the archable supporting element back to the first end section of the archable supporting element, where the wire is coupled with the first end section of the archable supporting element.

43. (New) Lumbar support according to Claim 42, wherein the wire of the Bowden cable arrangement of the second adjustment means is guided via reversing means on the front of the archable supporting element.

44. (New) Lumbar support according to Claim 31, wherein the archable supporting element comprises a first supporting section and a second supporting section, which are connected via at least one longitudinal bar running in the longitudinal direction of the archable supporting element.

45. (New) Lumbar support according to Claim 44, wherein the at least one longitudinal bar is configured in such a manner that it is flexible in the longitudinal direction of the archable supporting element.

46. (New) Lumbar support according to Claim 44, wherein the at least one longitudinal bar in the longitudinal direction of the archable supporting element has elevations and depressions in alternating succession, which in each case run in the transverse direction of the at least one longitudinal bar, in order to cause a flexibility in the longitudinal direction of the archable supporting element.

47. (New) Lumbar support according to Claim 44, wherein the archable supporting element comprises at least two longitudinal bars situated at a distance from one another in the lateral direction of the archable supporting element, which in each case connect the first supporting section with the second supporting section.

48. (New) Lumbar support according to Claim 47, wherein the wire of the Bowden cable arrangement of the second adjustment means runs through the one opening in the archable supporting element and then along the front of the one longitudinal bar to the second end section of the archable supporting element, and
that the wire of the Bowden cable arrangement of the second adjustment means runs from the second end section of the archable supporting element along the front of the other longitudinal bar to the other opening in the archable supporting element.

49. (New) Lumbar support according to Claim 31, wherein actuating means are provided for operating the adjustment mechanism.

50. (New) Lumbar support according to Claim 49, wherein common actuating means are provided for the first adjustment means and the second adjustment means of the adjustment mechanism.

51. (New) Lumbar support according to Claim 50, wherein the common actuating means are configured in such a manner that an adjustment of the first adjustment means for increasing a curvature of the archable supporting element into the first curvature direction at the same time leads to an adjustment of the second adjustment means for reducing the curvature of the archable supporting element into the second curvature direction and vice versa.

52. (New) Lumbar support according to Claim 31, wherein the archable supporting element is displaceably mounted in its longitudinal direction along guidance means, and that a further adjustment mechanism is provided for adjusting the adjustable supporting element along the guidance means.

53. (New) Lumbar support according to Claim 52, wherein the further adjustment mechanism comprises a Bowden cable arrangement.

54. (New) Lumbar support according to Claim 53, wherein the Bowden cable arrangement comprises a first Bowden cable for adjusting the archable supporting element into a first direction along the guidance means and a second Bowden cable for adjusting the archable support element into a second direction opposite to the first direction along the guidance means.

55. (New) Lumbar support according to Claim 54, wherein a sleeve of the first Bowden cable and a sleeve of the second Bowden cable is in each case supported on mountings coupled

with the guidance means, while a wire of the first Bowden cable and a wire of the second Bowden cable are in each case coupled with the archable support element.

56. (New) Lumbar support according to Claim 55, wherein the wire of the first Bowden cable or the wire of the second Bowden cable is coupled via a spring element with the archable supporting element.

57. (New) Lumbar support according to Claim 54, wherein common actuating means are provided for the first Bowden cable and the second Bowden cable in such a manner that tensioning the first Bowden cable at the same time causes a relaxing of the second Bowden cable and vice versa.